











Sensory Friendly Solutions



Autism Hour vs. Sensory Friendly Shopping.

	Autism Hour	Sensory Friendly Shopping
 Appointments Appointment times for shoppers to control the number of people in the space.		
 Noise down or off Turn noise down. No background music.		
 Adjust lights Reduce or eliminate overly bright, moving and fluorescent lights.		
 Quiet Hours Specific times when the noise level is reduced.		
 Limit shoppers Reduce and limit the overall number of shoppers in store.		



**Autism
Hour**

**Sensory
Friendly
Shopping**



Sensory Room

Designate a sensory room in a quiet area with things like fidgets, seating and calming tools.



Noise Down/Off

Rent or sell noise cancelling headphones to listen to music or white noise. Rent or sell earmuffs to block out noise.



Quiet Room

If the noise cannot be reduced in the whole location, create a specific room that is quiet.



Sensory Kit

Offer, rent or sell a sensory kit with earmuffs, fidgets, a sensory map, a sensory story and/or a social story.



Sensory Story

Create a sensory story to explain the sensory experience at your location or event.





**Autism
Hour**

**Sensory
Friendly
Shopping**



Sensory Friendly Map

Create a sensory-friendly map. Show which areas are busy, noisy, bright. Show which areas are quiet, calm and less crowded. You can also show bathrooms, food courts, as well as areas that have strong smells.



Social Story

Create a Social Story about the social expectations of the situation. Learn more about Social Stories™



Staff Training

Train staff about diversity, inclusion, disabilities and becoming sensory-friendly.



Visual Schedule

Create a list with words and/or images to describe the expected sequence of events at the location.

